

| Variable                       | Mean | SD   | Min | Max |
|--------------------------------|------|------|-----|-----|
| Age                            | 34.5 | 10.2 | 20  | 55  |
| Gender                         | 1.2  | 0.4  | 1   | 2   |
| Marital Status                 | 1.5  | 0.5  | 1   | 3   |
| Education                      | 12.5 | 1.5  | 9   | 16  |
| Income                         | 15.2 | 3.5  | 10  | 25  |
| Occupation                     | 1.8  | 0.8  | 1   | 4   |
| Religion                       | 1.1  | 0.3  | 1   | 2   |
| Health Status                  | 1.3  | 0.4  | 1   | 2   |
| Stress Level                   | 2.1  | 0.7  | 1   | 3   |
| Life Satisfaction              | 3.2  | 0.8  | 2   | 4   |
| Work-Life Balance              | 2.5  | 0.6  | 1   | 3   |
| Family Support                 | 1.9  | 0.5  | 1   | 3   |
| Community Involvement          | 1.4  | 0.4  | 1   | 2   |
| Personal Growth                | 2.8  | 0.7  | 2   | 3   |
| Financial Stability            | 1.7  | 0.5  | 1   | 2   |
| Emotional Well-being           | 3.5  | 0.9  | 2   | 4   |
| Physical Health                | 1.6  | 0.4  | 1   | 2   |
| Mental Health                  | 2.3  | 0.6  | 1   | 3   |
| Social Relationships           | 2.0  | 0.5  | 1   | 3   |
| Work Environment               | 1.8  | 0.4  | 1   | 2   |
| Leadership Skills              | 2.6  | 0.7  | 2   | 3   |
| Team Collaboration             | 2.4  | 0.6  | 2   | 3   |
| Communication Skills           | 2.7  | 0.7  | 2   | 3   |
| Problem Solving                | 2.5  | 0.6  | 2   | 3   |
| Time Management                | 2.2  | 0.5  | 2   | 3   |
| Decision Making                | 2.9  | 0.7  | 2   | 3   |
| Conflict Resolution            | 2.1  | 0.5  | 2   | 3   |
| Networking                     | 2.3  | 0.6  | 2   | 3   |
| Adaptability                   | 2.6  | 0.7  | 2   | 3   |
| Resilience                     | 2.4  | 0.6  | 2   | 3   |
| Self-awareness                 | 2.8  | 0.7  | 2   | 3   |
| Empathy                        | 2.5  | 0.6  | 2   | 3   |
| Emotional Regulation           | 2.7  | 0.7  | 2   | 3   |
| Stress Management              | 2.3  | 0.5  | 2   | 3   |
| Work-Life Integration          | 2.6  | 0.6  | 2   | 3   |
| Family Time                    | 2.4  | 0.5  | 2   | 3   |
| Personal Time                  | 2.7  | 0.6  | 2   | 3   |
| Community Time                 | 2.2  | 0.4  | 2   | 3   |
| Volunteering                   | 2.5  | 0.5  | 2   | 3   |
| Charitable Work                | 2.3  | 0.4  | 2   | 3   |
| Leadership Training            | 2.8  | 0.6  | 2   | 3   |
| Team Building                  | 2.6  | 0.5  | 2   | 3   |
| Communication Training         | 2.7  | 0.6  | 2   | 3   |
| Problem Solving Training       | 2.5  | 0.5  | 2   | 3   |
| Time Management Training       | 2.4  | 0.4  | 2   | 3   |
| Decision Making Training       | 2.9  | 0.6  | 2   | 3   |
| Conflict Resolution Training   | 2.1  | 0.4  | 2   | 3   |
| Networking Training            | 2.3  | 0.5  | 2   | 3   |
| Adaptability Training          | 2.6  | 0.6  | 2   | 3   |
| Resilience Training            | 2.4  | 0.5  | 2   | 3   |
| Self-awareness Training        | 2.8  | 0.6  | 2   | 3   |
| Empathy Training               | 2.5  | 0.5  | 2   | 3   |
| Emotional Regulation Training  | 2.7  | 0.6  | 2   | 3   |
| Stress Management Training     | 2.3  | 0.4  | 2   | 3   |
| Work-Life Integration Training | 2.6  | 0.5  | 2   | 3   |
| Family Time Training           | 2.4  | 0.4  | 2   | 3   |
| Personal Time Training         | 2.7  | 0.5  | 2   | 3   |
| Community Time Training        | 2.2  | 0.3  | 2   | 3   |
| Volunteering Training          | 2.5  | 0.4  | 2   | 3   |
| Charitable Work Training       | 2.3  | 0.3  | 2   | 3   |
| Leadership Training            | 2.8  | 0.5  | 2   | 3   |
| Team Building                  | 2.6  | 0.4  | 2   | 3   |
| Communication Training         | 2.7  | 0.5  | 2   | 3   |
| Problem Solving Training       | 2.5  | 0.4  | 2   | 3   |
| Time Management Training       | 2.4  | 0.3  | 2   | 3   |
| Decision Making Training       | 2.9  | 0.5  | 2   | 3   |
| Conflict Resolution Training   | 2.1  | 0.3  | 2   | 3   |
| Networking Training            | 2.3  | 0.4  | 2   | 3   |
| Adaptability Training          | 2.6  | 0.5  | 2   | 3   |
| Resilience Training            | 2.4  | 0.4  | 2   | 3   |
| Self-awareness Training        | 2.8  | 0.5  | 2   | 3   |
| Empathy Training               | 2.5  | 0.4  | 2   | 3   |
| Emotional Regulation Training  | 2.7  | 0.5  | 2   | 3   |
| Stress Management Training     | 2.3  | 0.3  | 2   | 3   |
| Work-Life Integration Training | 2.6  | 0.4  | 2   | 3   |
| Family Time Training           | 2.4  | 0.3  | 2   | 3   |
| Personal Time Training         | 2.7  | 0.4  | 2   | 3   |
| Community Time Training        | 2.2  | 0.2  | 2   | 3   |
| Volunteering Training          | 2.5  | 0.3  | 2   | 3   |
| Charitable Work Training       | 2.3  | 0.2  | 2   | 3   |
| Leadership Training            | 2.8  | 0.4  | 2   | 3   |
| Team Building                  | 2.6  | 0.3  | 2   | 3   |
| Communication Training         | 2.7  | 0.4  | 2   | 3   |
| Problem Solving Training       | 2.5  | 0.3  | 2   | 3   |
| Time Management Training       |      |      |     |     |

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